



Novato Village

Empowering older adults to remain active, connected,
and independent in the place they call home

May 2023

NOVATO VILLAGE STEERING COMMITTEE SAYS...

Steering Committee Co-chairs Beth Livoti and Linda Henderson say...

The month of May has many holidays. There are May Day, Cinco de Mayo, Mother's Day, Armed Forces Day, Memorial Day, and probably a few more.



Let's add another special event this month: join us at the 100-Member Celebration on Friday, May 5th. The details are in this newsletter. Enjoy the longer daylight and the lovely spring weather. Let's keep making happy memories!

Monthly quote: *"Love is when the other person's happiness is more important than your own."*
~H. Jackson Brown Jr.

Horace Jackson Brown Jr. (March 14, 1940 – November 30, 2021) was an American author who was best known for his inspirational book, *Life's Little Instruction Book*, which was a New York Times Bestseller (1991 – 1994). Its sequel, *Life's Little Instruction Book: Volume 2*, also made it to the same bestseller list in 1993.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Celia Cuomo

We look forward to seeing you at an event soon!

NOVATO VILLAGE EVENTS

If you need a ride to any of the events below, please call the office. (415) 457-4633

Here's the May 2023 calendar of Novato Village activities...details in this newsletter!

Thursday, May 4, 9:30am – **Village Walkers at McInnis Park Levee**, 310 Smith Ranch Rd, San Rafael, canceled if raining

Friday, May 5, 2:00pm – **100-Member Celebration!** 325 Ignacio Valley Circle, Novato

Tuesday, May 9, 10:30am – **Novato Village Steering Committee meeting**

Tuesday, May 9, 1:30pm – **Village Book Lovers' Group**

Thursday, May 11, 1:30pm – **CoffeeTea&Chat**, Panera Bread, 132 Vintage Way, Novato

Wednesday, May 17, noon – **Lunch at Aurora Ristorante Italiano**, 8 Commercial Blvd Building A, Novato

Saturday, May 20, time and location TBA – **Village Viewers Movie Group**

Thursday, May 25, *3:30pm* – **Happy Hour**, Las Guitarras Restaurant, 1017 Reichert Ave, Novato

Special event!

100-Member Celebration! (Please RSVP)

Friday, May 5, 2:00 – 4:00pm

Linda Henderson's Community Room, 325 Ignacio Valley Circle, Novato



You are invited to join us in our celebration of Novato Village reaching 100 members!



Please **call or text to let us know if you plan to attend**, so we can be sure to have plenty of delicious snacks. We will be serving water, white wine, and sangria. (We will have both alcoholic and non-alcoholic sangria.) Call or text Joanne Lang at (916) 716-5800. Call the office

at (415) 457-4633 if you need a ride. Enter at the gate with Novato Village signs. This entrance has a ramp and no steps or other obstacles.

Food & Drink

CoffeeTea&Chat

Thursday, May 11, 1:30 – 3:00pm

Panera Bread, 132 Vintage Way, Novato



Stop by Panera Bread and meet lively friends! Enjoy flowing conversation outdoors on the patio. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is not required. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org. For more information, contact Marge Jackson, (415) 892-1238 or marge-32@hotmail.com.

Lunch at Aurora Ristorante Italiano

Wednesday, May 17, noon – 2:00pm

8 Commercial Blvd A, Novato



One of Novato Villagers' favorite places for lunch, Aurora Ristorante Italiano is open under new management and is as good as ever! Please join us for a delicious meal and chatty conversation. See the lunch menu at this link: <https://auroranovato.com/auroraristorante/order>. **Please RSVP by Monday, May 15** so we can tell the restaurant how many guests we'll have for seating. Be prepared with *cash only*. To RSVP, email Joanne Lang, novatovillage@marinvillage.org, or call her at (916) 716-5800. Joanne does not arrange rides. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633.

Happy Hour at Las Guitarras Restaurant

Thursday, May 25, *3:30* – 5:00pm **Note new start time**

1017 Reichert Ave, Novato



Las Guitarras provides a warm and friendly ambiance. It is family-owned and operated for 42 years, with a full bar and outdoor patio, and voted Best Margarita by Novato Patch readers. The popular restaurant is a Marin favorite that provides a family dining atmosphere and is known for its savory variety of traditional and authentic homestyle meals while creating an inviting ambiance in beautiful Old Town Novato.



April Happy Hour at Toast

Exercise

Novato Village Walkers—meet us at McInnis Park Levee

Thursday, May 4, 9:30 – 11:00am

310 Smith Ranch Rd, San Rafael

We will meet at 9:30am in the parking lot and walk approximately 1 – 1 1/2 hours out to the levee and back. The trail is wide, flat, and easy, with packed soil—but little or no shade. Bring a hat and water. All are welcome. **Please RSVP** so we know how many walkers to expect. Call Pat Bailey's mobile phone (415) 652-9073 or email pbailey49@aol.com to RSVP or ask any questions about the location and parking. The walk will be canceled if it's raining.

Directions: drive south on Hwy 101, and take Lucas Valley/Smith Ranch Road exit. Drive east toward McInnis Golf Club (approx. one mile), go over the railroad track and under the flower trellis and park in the large parking lot on the right side. This is just before the small "McInnis Golf Club" sign on the right.



Beautiful vistas at Las Gallinas Valley Sanitary District Ponds in April

Books

Village Book Lovers' Group

Tuesday, May 9, 1:30pm

Diana Shima's home—directions will be sent by email, so please RSVP

Despite the beautiful day, we only had five members at our April meeting. Join us at the May 9 meeting at Diana Shima's home. Directions will be sent on the weekend before the meeting. Please RSVP so the hostess can be prepared. The book roster is as follows:

May – *Still Life* by Louise Perry

June – *The World That We Knew* by Alice Hoffman

July – *Transcendent Kingdom* by Yaa Gyasi

Contact Diana Shima at dianashima3@comcast.net for more information about the Village Book Lovers' Group. Enjoy the glorious weather!

Groups

Village Viewers Movie Group

Saturday, May 20, time and location to be announced

In April, we saw *Air*, starring Ben Affleck, Matt Damon, and Jason Bateman. The story is an American biographical sports drama based on true events about the origin of Air Jordan. It was an interesting story and, to our surprise, most of us really enjoyed it. The time and location for

May 20 will be announced the Wednesday prior to the event by email. Hope to see you there. Contact Joanne Lang, with questions or movie suggestions at (916) 716-5800 or email jangtpa@gmail.com.



*The movie crowd viewed **Air** in April*

Village Business

Novato Village Steering Committee

Tuesday, May 9, 10:30am—**note different date**

Beth Livoti's home

Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for more information and the address.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, May 3 & 17, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at restaurants and coffee shops around Mill Valley twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155).

Not Home Alone—Mothers and Others Day

Sunday, May 14, 2:00pm

Café Arrivederci, 11 G Street, San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for an early Mothers and Others Day supper on the beautiful patio at Café Arrivederci. Always a fun time and a great opportunity to share the occasion with old and new friends. First come, first served **by reservation**. Please BRING CASH for your meal. All attendees must be COVID vaccinated. There will be a choice of any entrée on their large menu that costs \$25 or more.

<https://cafearrivederci.com/> A 20% tip and 10% for tax will be added. RSVP ASAP to Donnalee at donnaeewells@comcast.net or text or call (415) 302-9244. If you need a ride, please call the office at (415) 457-4633.

Technology/Computer Help Office Hours

Wednesday, May 17, 4:00 – 5:30pm

Zoom



Issues with your printer? iPhone not syncing properly? If so, join our volunteer tech support group for the answers to these and all of your other burning technology questions! We look forward to continuing to help solve your frustrating tech problems. This is a space where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful tech volunteers. Even if you'd just like to sit in to learn a little more about technology, we'd love to have you participate! So bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. This opportunity is available to all Marin Villages members and volunteers. Please join us at this link: <https://us02web.zoom.us/j/89289995207>!

COMMUNITY EVENTS

Planning Access for All to Marin's Open Spaces—Marin County Commission on Aging

Thursday, May 4, 10:00 – 11:00am

Margaret Todd Senior Center, 1560 Hill Road, Novato

Marin is home to areas of unusual natural beauty, including exquisite waterfalls, old-growth redwoods, unique canyon ecocultures, and much more. However, many of these beautiful places are not accessible to all residents who might wish to visit. How can Marin Parks make these areas accessible to **older adults** and other residents who may not be able to climb over rocks or cross streams to enjoy these peaceful places of refuge and refreshment? Come learn more about new access designs and have your input heard!

Believe It or Not! Free Concert

Las Gallinas Valley Sanitary District Non-Marching Band (Sewer Band)

Tuesday, May 9, 7:30pm

Marin Veterans' Memorial Auditorium, 10 Ave of the Flags, San Rafael



The Sewer Band says, “It’s our 65th year of entertaining you! Get ready to be amazed as The Sewer Band shares the joy of music-making with the 65th annual spring concert. Enjoy this free concert with your family, friends, and neighbors performed by one of the most beloved and successful concert bands in the Bay Area! Come experience this amazing performance that is guaranteed to put a smile on your face! No tickets are required.”

Docent Talk: Ansel Adams in Our Time

Saturday, May 27, 11:00am – noon

Novato Public Library, 1720 Novato Blvd

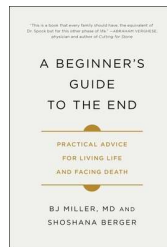


At this free presentation, Docent Jim Kohn will discuss the more than 100 works by photographer and environmentalist Ansel Adams on exhibit in San Francisco's de Young Museum. The exhibit features some of the most-loved photographs by Adams, including images of Yosemite, San Francisco, and the American Southwest. In the exhibit, Adams's works are shown alongside prints by 19th-century landscape photographers, such as Carleton Watkins and Eadweard Muybridge, as well contemporary artists like Trevor Paglen, Will Wilson, and Catherine Opie.

NOVATO VILLAGE ANNOUNCEMENTS

Only a few copies left!

A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death by palliative care physician B.J. Miller, MD and journalist and caregiver Shoshana Berger



Now is the time to get your copy of this amazing book. There are *only nine autographed copies left in the Marin Villages office, for only \$15 each*. Novato Village Symposium guest speaker B. J. Miller, MD authored a book to help you plan for the future. Many of us have no clear idea about what we need to know for planning our life now that we are older. The book also includes *information for survivors*, like “how to shut down a loved one’s social media accounts, clean out the house, and write a great eulogy.”

This is a clear-eyed and big-hearted action plan for approaching the end of life, written to help readers feel more in control of an experience that so often seems anything but controllable. The book offers everything from step-by-step instructions for how to do your paperwork and navigate the healthcare system to answers to questions you might be afraid to ask your doctor, like whether or not sex is still okay when you’re sick. Get advice for how to break the news to your employer, whether to share old secrets with your family, how to face friends who might not be as empathetic as you’d hoped, and how to talk to your children about your will. “There is nothing wrong with you for dying,” hospice physician B.J. Miller and journalist and caregiver Shoshana Berger write. “Our ultimate purpose here isn’t so much to help you die as it is *to free up as much life as possible until you do.*”

AND MORE...

Novato Village's Volunteer of the Year—Tom Nelson



Volunteer Tom Nelson received Novato Village's Volunteer of the Year award from John Power, Marin Villages executive director, and the Novato Village Steering Committee at the Volunteer Open House on March 11. Congratulations, Tom!

Club 90 member—Happy birthday, Jacquie Smith!



HELP US HELP OTHERS

If you know someone who could use our services or is interested in volunteering with an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvillages.org) for application forms. We always welcome donations to support our work! Please visit <https://marin.helpfulvillage.com/pages/10049-marin-villages---donate> to contribute.

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